



THE TALON

May 2012

Official Publication of the Eagle Springs Community Association

Volume 4, Issue 5

COMMUNITY CALENDAR MAY 2012

5..... **POOLS OPEN!**

Weekends thru May

8..... **Book Club Meets**

8pm – 10pm / ES Clubhouse

10..... **Board Meeting**

4pm – 6pm / ES Clubhouse

11..... **Swim Team Party**

6pm – 10pm / ES Clubhouse, Pavilion, Pool

12..... **ES Flyers Mock Meet***

7am – 12pm / ES Clubhouse, Pavilion, Pool

Athletic Club Pool Opens at 12pm

15..... **Pool Committee – Pool Cards**

6:30pm – 8:30pm / ES Clubhouse

16..... **Twin Villas HOA Meets**

7pm – 8:30pm / ES Clubhouse

21..... **Sports Fields Committee Meets**

7pm – 8:30pm / ES Clubhouse

24..... **Safety Advisory Committee Meets**

7pm – 8:30pm / ES Clubhouse

26..... **ES Flyers Swim Meet***

7am – 3pm / ES Clubhouse, Pavilion, Pool

Athletic Club Pool Opens at 3pm

28..... **Landscape Committee Meets**

7pm – 8:30pm / ES Clubhouse

28..... **HAPPY MEMORIAL DAY!**

Pools Open!

**NOTE: Time Change for Athletic Club Pool during Swim Meets!*
ESCA On-Site Office Hours are on the Community Events Calendar at:

www.INSIDEeagleSprings.com

TUESDAYS **Trash & Recycle**

FRIDAYS..... **Trash Only**



Congratulations
TO OUR

2012
Eagle Springs
GRADUATES!

COMMUNITY CONTACT INFORMATION

EAGLE SPRINGS COMMUNITY ASSOCIATION

Crest Management Co 281-579-0761
 Community Manager..... Bill@Crest-Management.com
 Clubhouse Rental..... Terri@InsideEagleSprings.com
 Board of Directors..... AsktheBoard@InsideEagleSprings.com
 Activities Activities@InsideEagleSprings.com
 Website Administrator..... Terri@InsideEagleSprings.com
 Newsletter Terri@InsideEaglesprings.com

EAGLE SPRINGS COMMITTEES

Landscape ... Landscape.Committee@InsideEagleSprings.com
 Pool..... Pool.Committee@InsideEagleSprings.com
 Safety Advisory... Safety.Committee@InsideEagleSprings.com
 (Neighborhood Watch)
 Sports Fields..... SportsFieldCommittee@gmail.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency 9-1-1
 P-4 Constable Dispatch..... 281-376-3472
 Humble ISD Police (Schools)..... 281-641-7900
 Atascocita Volunteer Fire Dept (AVFD)
 Non-Emergency Number 281-852-2181
 Harris County Animal Control 281-999-3191
 Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
 Power Outages 713-207-7777
 Street Light Outages 713-207-2222
 Gas, Centerpoint Energy..... 713-659-2111
 Gas Leaks 713-659-2111
 Water, Severn Trent 281-579-4500
 24 Hour Emergency Number 281-209-2100
 Telephone, Centurylink..... 877-290-5458
 T.V./Internet (multiple providers) www.allconnect.com
 Trash, Best Trash 281-313-2378
 Recycling, Residential Recycling of Texas 866-516-9805
 Humble Post Office..... 281-540-1775

SCHOOLS

Humble ISD 281-641-1000
 Website www.humble.k12.tx.us
 Eagle Springs Elementary 281-641-3100
 Atascocita Springs Elementary..... 281-641-3600
 Timberwood Middle School..... 281-641-3803
 Atascocita High School 281-641-7500

NEWSLETTER PUBLISHER

Peel, Inc. 888-687-6444
 Advertising..... advertising@PEELinc.com

EAGLE



SPRINGS

CRIME STATISTICS - MARCH 2012

Burglary of a Habitation	1
Burglary of a Motor Vehicle (BMV)	4
Theft from a Habitation	1
Theft of Motor Vehicle	1
Theft Other	3
Robbery.....	0
Assault	0
Sexual Assault	1
Criminal Mischief.....	1
Disturbance Family.....	4
Disturbance Juvenile.....	4
Disturbance Other.....	10
Alarms	35
Suspicious Vehicles	21
Suspicious Persons	11
Runaways	3
Telephone Harassment.....	0
Other Calls	41

*A detailed Security Report for Eagle Springs
 can be viewed at: www.OutsideEagleSprings.com,
 under the Neighborhood Watch tab.*

REMINDER! - NO PETS

Pets are not allowed at Community Events, on the Baseball Fields, or inside the Tennis Courts, with the exception of guide dogs or pets that are actual participants of an event. This policy is to ensure the safety and enjoyment of all residents in our community.

As a courtesy to your neighbors and fellow residents, please remember to LEASH & PICK UP after your pet!

Should you see a dog without a leash or owner attached, please call Animal Control at: 281-999-3191

For an immediate response to an Aggressive Dog that is loose, please call our Constables at: 281-376-3472

Your cooperation is appreciated!





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*We realize you have a choice so we appreciate the opportunity to earn your business.
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Happy Mother's Day Eagle Springs!

Mothers are Special

A baby asked God, "They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?"

"Your angel will be waiting for you and will take care of you."

The child further inquired, "But tell me, here in heaven I don't have to do anything but sing and smile to be happy."

God said, "Your angel will sing for you and will also smile for you. And you will feel your angel's love and be very happy."

Again the child asked, "And how am I going to be able to understand when people talk to me if I don't know the language?"

God said, "Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak."

"And what am I going to do when I want to talk to you?"

God said, "Your angel will place your hands together and will teach you how to pray."

"Who will protect me?"

God said, "Your angel will defend you even if it means risking its life."

"But I will always be sad because I will not see you anymore."

God said, "Your angel will always talk to you about Me and will teach you the way to come back to Me, even though I will always be next to you."

At that moment there was much peace in Heaven, but voices from Earth could be heard and the child hurriedly asked,

"God, if I am to leave now, please tell me my angel's name."

"You will simply call her, 'Mom.'"

- Unknown

As I have stated in past newsletters, 2012 has started off to be a good year for home sales. As of April 7, 2012, I have closed 25 properties in 2012. If you are thinking about putting your home on the market, please allow me the honor of speaking with you about listing and selling your home. My listing inventory is running low and I am actively seeking more listings.

2012 SOLD and PENDING properties in Eagle Springs as of 4/7/2012 by Rebekah Snipp

Closing Date	Address	Listing Price	Sales Price	Days on Market
4/3/12	12307 Grand Portage Lane	\$144,000	\$144,000	9
3/30/12	12707 Muir Woods	\$146,500	\$139,500	16
2/7/12	12927 Cascadia Knoll	\$154,900	\$153,900	64
3/23/12	18502 Wild Basin	\$198,500	\$195,000	29
3/29/12	17011 Jetton Park	\$229,500	\$220,000	39
3/9/12	12707 Glendo Court	\$239,900	\$229,500	99
3/15/12	12438 Cedar Breaks Trail	\$239,900	\$235,000	13
2/21/12	11802 Bandera Creek	\$313,900	\$305,000	103
3/23/12	11930 Biscayne Pass	\$359,000	\$355,000	203
Pending	17255 Lafayette Hollow	\$129,900		191
Pending	18027 Yellowstone Trail	\$199,800		41
Pending	11822 Biscayne Pass	\$274,900		127

I live in Eagle Springs and I specialize in Eagle Springs. This is our neighborhood and our community. Thank you Eagle Springs!

Free Local Move for my Clients after closing and funding of a Sale! Restrictions Apply! Call for Details!

CENTURY 21 OUTSTANDING HOMES

Rebekah Snipp
Realtor, ABR, CDPE
Direct: 832-814-6120
rsnipp@century21.com

Mark Snipp
Broker, GRI
Direct: 832-859-9113

Websites:
majorleaguehomes.com
prayingrealtors.com



Eagle Springs Resident



EAGLE SPRINGS

CONSTABLE'S CORNER TIPSTO PREVENT RESIDENTIAL BURGLARIES

The residents of Eagle Springs enjoy a very safe community but in the United States a residential burglary takes place approximately every 15 seconds. In addition to the property loss, victims often develop personal feelings of vulnerability resulting from these crimes.

BELOW ARE SOME TIPS TO HELP YOU FROM BECOMING A VICTIM.

- Install dead-bolt locks on all exterior doors – and use them.
- Trim plants and shrubs back to avoid giving burglars cover to hide behind, and trim tree branches so there is no access to upper-story windows.
- Leave shades and blinds in normal positions.
- Keep porches, entrances, and driveways well lit.
- Keep garages and sheds closed and locked when not in use.
- Store tools and ladders securely out of the way when not in use.
- Never carry identification tags on your keys.
- Do not hide “spare house keys” outside.
- Keep daily routines confidential and vary them when possible.
- Do not put valuables where they are visible from a door or window of your home.
- Do not let strangers into your home to use the phone.
- Put lights and television and/or stereo on timers.
- Make sure your exterior lights are not on during day light hours.
- Do not let newspapers or flyers build up on your driveway and/or property.
- Do not let mail build up and/or over flow your mailbox.
- Get to know your neighbors.

If you are going out of town and would like to submit a Vacation Watch for your residence, please visit the Harris County Constables Office Pct. 4 website at www.cd4.hctx.net; access the online services section and scroll down to the vacation watch icon, or contact the 24hr Dispatch line at: 281-376-3472 to submit via telephone. There is also a link under the Neighborhood Watch tab, on the homepage of the Eagle Springs website.

Sgt. Bloomfield, Harris County - P-4 Constable



2012 POOL CARD & NEW RESIDENT INFO

*There Are New Pool Card Policies
In Place For 2012!*

RESIDENTS WHO CURRENTLY HAVE A 2011 VALIDATED POOL CARD - YOU DO NOT NEED TO DO ANYTHING, your cards will remain valid throughout the 2012 pool season. Additional information and details are available on our website: www.INSIDEEAGLESprings.com.

NEW RESIDENTS, OR RESIDENTS WHO NEED A NEW OR REPLACEMENT POOL CARD, an Electronic Access Device, or other amenity access, should visit the On-Site Management Office during normal business hours to obtain these. All details, cost, payment options, hours, etc. are located on our website: www.INSIDEEAGLESprings.com under the New Resident/Pool Card Info tab on the homepage. You do not need to be logged in to access this information.

ALL RESIDENTS: Be sure to go online and view details PRIOR to arriving at the On-Site Management Office!



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Kitchens Sell a House

*It's a tool used by house flippers all across the nation.
Stagers know its power. Real estate agents push its importance.*

A kitchen is the heart of a home. This is true all across the globe. The old saying that the "stomach is the way to the heart" carries a lot of truth. Kitchens are where we spend much of our time and most of that is with our families. It's the room where we nourish our bodies and our spirits. This means buyers want homes with up-to-date kitchens. The extent of upgrades and the amount of money you should spend upgrading your kitchen will depend on the price range of your home.

Sometimes a kitchen update can mean doing just a few minor changes. Change the paint color to a warm, neutral tone. Get rid of any clutter. Update your appliances, paint your cabinets, change the pulls, or get a high-end looking counter for a fraction of the cost (faux-granite or lower end granite). You might even save a bundle by doing much of the work yourself.

*The bottom line is a kitchen can sell a home.
Do a little research and find out what your kitchen
needs to make it competitive with area listings.*

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+

FREE for 3 Months
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- Local Channels Included in over 99% of the U.S.

All DIRECTV offers require 24-month agreement.**

*BILL CREDIT/PROGRAMMING OFFER: IF BY THE END OF PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVAILING RATES. Free HBO, STARZ, SHOWTIME and Cinemax for three months, a value of \$135. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package names and prices: ENTERTAINMENT \$54.99/mo.; CHOICE \$43.99/mo.; CHOICE XTRA \$68.99/mo. Prices include the following bill credits for 12 months after rebate: \$20 for ENTERTAINMENT, \$24 for CHOICE and CHOICE XTRA; plus an additional \$5 with online rebate and consent to email alerts. In months 13-24, bill credit will be \$10/mo. Upon DIRECTV System activation, customer will receive rebate redemption instructions (included in customer's first DIRECTV bill, a separate mailing, or, in the state of New York, from retailer) and must comply with the terms of the instructions. In order to receive \$25 monthly credits for the ENTERTAINMENT Package (\$29 for CHOICE and CHOICE XTRA) in the first 12 months, customer must submit rebate online (valid email address required) and consent to email alerts prior to rebate redemption. Rebate begins up to eight weeks after receipt of rebate submission online or by phone. Duration of promotional price varies on redemption date. **2012 NFL SUNDAY TICKET OFFER: Package consists of all out-of-market NFL games (based on customer's service address) broadcast on FOX and CBS. Local broadcasts are subject to blackout rules. Other conditions apply. 2012 NFL SUNDAY TICKET regular full-season retail price is \$199.95. Remote viewing and additional features require NFL SUNDAY TICKET MAX subscription, sold separately. Customers activating the CHOICE XTRA Package or above will be automatically enrolled in and receive the 2012 season of NFL SUNDAY TICKET at no additional cost. Subscription will automatically continue each season at special renewal rate unless customer calls to cancel prior to start of season. Subscription cannot be cancelled (in part or in whole) after the start of the season and subscription fee cannot be refunded. Account must be in "good standing" as determined by DIRECTV in its sole discretion to remain eligible for all offers.

**24-MO. LEASE AGREEMENT: EARLY CANCELLATION WILL RESULT IN A FEE OF \$20/MONTH FOR EACH REMAINING MONTH. Must maintain 24 consecutive months of your DIRECTV programming package. Advanced Receiver-DVR fee (\$9/mo.) required for DVR lease. Advanced Receiver-HD fee (\$10/mo.) required for HD Receiver lease. Advanced Receiver fee (\$20/mo.) required for HD DVR and HD DVR from DIRECTV lease. TiVo service fee (\$5/mo.) required for TiVo HD DVR from DIRECTV lease. If you have two boxes or one box and an enabled TV, an additional \$6/mo. fee applies. For each additional box and/or enabled TV on your account you are charged an additional fee of \$6/mo. per box and/or enabled TV. NON-ACTIVATION CHARGE OF \$150 PER RECEIVER MAY APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS. Advanced receiver instant rebate requires activation of the ENTERTAINMENT Package or above. OPTIMO MAS or above (for DVR Receiver, MAS LATINO); Jodelworld; or any qualifying international service bundle, which shall include the PREFERRED CHOICE programming package (valued at \$41.99/mo.). LIMIT ONE FREE HD DVR UPGRADE PER ACCOUNT. Second, third and fourth HD Receiver offer requires activation of the ENTERTAINMENT Package or above or MAS ULTRA Package or above and HD DVR as the first free receiver upgrade. Home Media Center HD DVR and additional advanced receiver upgrades available for a charge. INSTALLATION: Standard professional installation in up to four rooms only. Custom installation extra.

To access DIRECTV HD programming, HD equipment required. Number of HD channels based on package selection. Local channels eligibility based on service address. Not all networks available in all markets. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in order confirmation. NFL, the NFL Shield design and the NFL SUNDAY TICKET name and logo are registered trademarks of the NFL and its affiliates. ©2012 DIRECTV, DIRECTV and the Cyclone Design logo, CHOICE and CHOICE XTRA are trademarks of DIRECTV, LLC. All other trademarks and service marks are the property of their respective owners.



Meeting Notice

Public notice is hereby given to all members of Eagle Springs Community Association, Inc. for the upcoming meeting of the Eagle Springs Community Association Board of Directors. The purpose of this meeting is for the Board of Directors to conduct the business of the Association.

This meeting will take place on **Thursday, May 10, 2012** at the Eagle Springs Clubhouse located at: 17821 Eagle Springs Parkway, Humble, Texas 77346. The Open Session of the meeting will begin at **4:00 p.m.** and adjourn at **6:00 p.m.**

The Meeting Agenda may be viewed online at: www.INSIDEEAGLESprings.com under Homeowner's Association/ Documents & Forms. Please contact Bill Higgins at Crest Management for any questions regarding this notice

Board of Directors Nomination Announcement

Nominations are being accepted for two Resident Director positions on the ESCA Board of Directors. Two residents will be elected to serve a two-year term. The election will take place at the Association's Annual Meeting to be held in June 2012.

The Board of Directors is responsible for the governance of the Association. They conduct the business of the Association and direct the efforts of the management company and other association vendors. The Board of Directors meets every other month. Additionally, the Resident Board Member meets every other month with the Neighborhood Voting Representatives. If you are interested in being nominated, please submit a brief biography along with your contact information to: Bill Higgins at Crest Management (bill@crest-management.com) for forwarding to the Nominating Committee.

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Eagle Springs resident for 7 years.

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Ask about my free local move! *restrictions apply*



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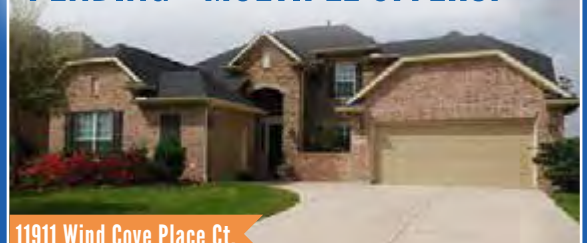


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11911 Wind Cove Place Ct.



12535 Honey Creek Tr. Perfect Culdesac Location!

Being Green at Home – Part 3

When it comes to the environment, being a good global citizen begins at home. From recycling to using alternative cleaning materials, or simply researching your decorating choices, small changes at home can add up to real benefits for our community and our planet, not to mention our health.

The best way to be Earth-friendly is to cut down on what we consume and recycle whenever we can. We hope that you find these articles both interesting and helpful. Junk mail is not only a minor inconvenience in our daily lives, but it also takes a big toll on the environment.

Nearly 100 million trees are cut down each year to make junk mail in the U.S., according to the Bay Area Recycling Outreach Coalition and The Forest Ethics Organization found that the carbon footprint from junk mail is equal to the greenhouse gases released by 9 million cars or heating 13 million homes during the winter.

Tackling the piles of junk mail that are delivered to your mailbox every week can seem like a daunting task, but here are some simple steps you can follow to start reducing your junk mail, de-cluttering your home and helping the environment.

CHOOSE YOUR CATALOGS

To reduce the amount of unwanted catalogs you receive, you could contact each catalog individually and ask for your name and address to be removed from its mailing list.

Or you could join free websites, such as Catalog Choice, a nonprofit organization, where you select the catalog and mailing option, and they will send the request to the catalog for you. Catalogchoice.org will list the catalogs they have contacted and update you when the catalog has confirmed your request – so you don't have to keep track of all that information yourself. You have the option of continuing to receive which catalogs you would like and those you do not want to receive.

CUT DOWN ON CREDIT CARD OFFERS

You can easily opt out of credit card and insurance offers by filling out an online form at: OptOutPrescreen.com, a service that prevents consumer credit companies like Equifax and Experian from providing your information to credit and insurance companies. Note that you are not required to provide your Social Security number, even though you will be asked for it. You can choose to opt out of these promotional offers for either five years or permanently.

DITCH THE DIRECT MAIL

Now that you've stopped the stream of catalogs and credit card offers, it's time to work on direct mail, or advertising mail such as circulars, flyers and coupon packs. The Direct Marketing Association, which represents about 80 percent of the total volume of marketing mail in the U.S., allows you to remove your name from their marketing lists at: DMAchoice.org. Stop delivery of Valpak coupons by filling out their online form at: www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm. To opt out of other circulars, submit a request to be removed from their mailing lists on their websites.

PUT THE PHONE BOOK ON HOLD

If you've traded in your phone book for online searches on your computer or smart phone, you may wonder why you need a phone book at all anymore. Consumers across the country can opt out of receiving the Yellow Pages phone book at: YellowPagesOptOut.com.

CHARITY, NOT CLUTTER

Donating to charity is a worthwhile cause, but receiving countless donation solicitations only adds to your junk mail. Use the sample letter at: www.charitywatch.org/articles/fundraising.html to cut down on the number of donation requests that arrive in your mailbox.

RETURN TO SENDER

One way to get an organization's attention and be removed from its mailing list is to send its own junk mail back – but this tactic only works with certain kinds of mail.

If a piece of junk mail was sent FIRST CLASS or PRE-SORTED FIRST CLASS mail, cross out your address and the bar code, circle the first class postage stamp and write, "Refused: Return to sender." Then drop it in any mailbox. But third-class and bulk-rate mail can't be forwarded. So if you refuse this type of mail and place it in a mailbox, the Postal Service will simply discard it. The best way to reduce junk mail is to follow the other steps in this article, rather than trying to send mail back.

HIRE OTHERS TO REDUCE YOUR JUNK MAIL

Are you just too busy to take on your junk mail? If you're willing to fork over some cash, there are a few organizations that will reduce your direct mail, credit card offers and catalogs for you. For an annual donation of \$20 or more, Catalog Choice will remove your name from third party marketing mailing lists, in addition to its free catalog opt-out or opt-in service. With a name referring to the weight of junk mail that the average person receives each year, 41pounds.org provides the same service for \$41 for five years. A third of the fee is donated to community and environmental organizations.

(Continued on Page 9)



Being Green at Home- (Continued from Page 8)

PROCEED WITH CAUTION

Think before you give out your name, phone number and address: Does this organization really need your contact information, or will you just end up on a mailing list?

- Don't fill out warranty cards – they are a way to collect addresses for mailing lists. Your warranty is valid without submitting your information.
- Watch out for contests and free offers, as they are also used to obtain information for mailing lists.
- When you give out your contact information to any company you work with, request that they do not sell, rent or trade your information.
- And remember to be patient in your quest to reduce your junk mail – it takes a few months to start seeing results, as many mailing labels are printed ahead of time.

AND YES,

THERE'S EVEN AN APP FOR THAT!

Have you ever found yourself at your mailbox, baffled by the fact that you've received nothing but a pile of junk mail that will only find its way to the trash? Well, there's an App for that!

PaperKarma.com, a smartphone application, reduces your paper junk mail with the snap of a picture and is available in both the iPhone and Android markets. The application uses your smartphone's picture-sending capabilities to see which companies are sending you a stack of junk. They then contact the sender and ask them to unsubscribe your name.



In the digital age, you might expect that unsubscribing from a junk mail list would be quick and instant, but companies often pre-address your mail for months at a time. After a while, though, you should see your junk mail greatly reduced.

We hope you've enjoyed this 3-Part, "Being Green at Home" series and found some helpful and interesting tips. Please watch for next month's "Green Article" in the The Talon. By the way... If you'd prefer to receive a digital version of this newsletter, The Talon, please contact: Peelinc.com. Do you have a Green topic you'd like to read about? Do you have some Green tips or ideas you'd like to share with your neighbors? Please contact: Help@InsideEagleSprings.com.

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LEARN CPR



CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN



VISIT US ONLINE

Did you know that drowning is still the #1 cause of accidental death for children under 5 and the #2 cause for children ages 1-14?

Join us as we celebrate May as National Water Safety month. Please keep your family safe around water and have the

Best May Ever!

EAGLE SPRINGS

Eagle Springs Flyers Swim Team

The 2012 season of Flyer swimming begins this month! We are all excited about this summer and hope to make it the best one yet! It's not too late to join the fun! For registration information visit our website at www.eaglespringsflyers.org. The Eagle Springs Flyers is a summer league swim team located right here in Eagle Springs. Our goal is to help swimmers of all ages and abilities develop their swimming skills in a safe, fun, and encouraging atmosphere.

Swim team is a wonderful community sport that allows the swimmers to practice and compete with their neighbors and friends in an entertaining and exciting environment. The team has a strong foundation, and provides a safe, family-oriented neighborhood activity that focuses on individual improvement in a setting of friendly competition.

Please note the following changes in the Athletic Club Pool Hours during our Home Swim Meets:

DAYS/DATES	TIMES	ADULT ONLY SWIM
Sat. May 12	12pm – 8pm	8pm – 10pm
Sat. May 26	3pm – 8pm	8pm – 10pm
Sat. June 2	3pm – 8pm	8pm – 10pm
Sat. June 16	3pm – 8pm	8pm – 10pm

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From Your Safety Advisory Committee

We would like to invite all those interested in Neighborhood Watch to join us at our May meeting where we will be discussing the outcome of our "SAC Feedback" survey regarding the Neighborhood Watch Program.

*Refreshments &
Door Prize Drawing!*

THURSDAY, MAY 24, 2012

7:00 – 8:30PM

EAGLE SPRINGS CLUBHOUSE

Please join us in making decisions on the future of this program and on how to best implement it in our community. If you are interested in knowing more about Neighborhood Watch or participating, please join us! *If you haven't yet taken the Survey Please take a moment to do so today; we've extended the date to May 15th* You may access the survey from the homepage of our website.

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Everyone had a Hippity-Hoppity time at the Spring Egg-Stravaganza!

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EAGLE SPRINGS



2012 POOL HOURS

Pools Open May 5th!

ATHLETIC CLUB POOL

17821 Eagle Springs Parkway

Closed for Cleaning on Mondays, except Holidays

Days/Dates	Times	Adult ONLY Swim
Weekends Only May 5 – May 27	9am – 8pm	8pm – 10pm
Monday - Memorial Day Holiday May 28	9am – 8pm	8pm – 10pm
Daily EXCEPT Mondays June 1 – July 1	11am – 8pm	8pm – 10pm
Daily EXCEPT Mondays July 2 – August 26	9am – 8pm	8pm – 10pm
Weekends Only September 1 – September 30	9am – 8pm	8pm – 10pm
Monday – Labor Day Holiday September 3	9am – 8pm	8pm – 10pm

Please note the following change in Athletic Club Pool Hours during Swim Meets:

Days/Dates	Times	Adult ONLY Swim
Saturday – May 12	12pm – 8pm	8pm – 10pm
Saturday – May 26	3pm – 8pm	8pm – 10pm
Saturday – June 2	3pm – 8pm	8pm – 10pm
Saturday – June 16	3pm – 8pm	8pm – 10pm

ISLAND CLUB POOL

17150 Eagle Springs Parkway

Closed for Cleaning on Tuesdays

Days/Dates	Times
Weekends Only May 5 – May 27	9am – 8pm
Monday - Memorial Day Holiday May 28	9am – 8pm
Daily EXCEPT Tuesdays June 1 – August 26	9am – 8pm
Labor Day Weekend September 1 – 3	9am – 8pm

A printable version is available online

Eagle Hatchlings

Please send Information
about your New Arrival to:
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EAGLE SPRINGS

INTRODUCING OUR NEW ACTIVITIES COORDINATOR!

Hi! My name is Stacey Stidham, and I'm very excited to be the new Activities Coordinator here in Eagle Springs.

My husband Brian and I have been residents since 2003, and we have loved attending events with our children, ages 4 and 2. I graduated high school from Kingwood, and after a long stint at Texas A&M (and finally graduating!), I made my way back to the place I know and love.

I look forward to planning Eagle Springs events, with a focus on giving back to the community and involving as many local businesses as possible. I am open to any suggestions and ideas that anyone has to offer, and I can be reached at: Activities@InsideEagleSprings.com.

If I haven't met you yet, I look forward to doing so!

ADULT SINGLES TENNIS TOURNAMENT RESULTS

We had twelve participants for the Eagle Springs Adult Singles Spring Tournament this year. Everyone had a great time.

**CONGRATULATIONS TO
WINNER FERNANDO DE MATTOS
& RUNNER UP KRIS SHERRILL.**



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A Focus on Physical Activity - Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- *Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.

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